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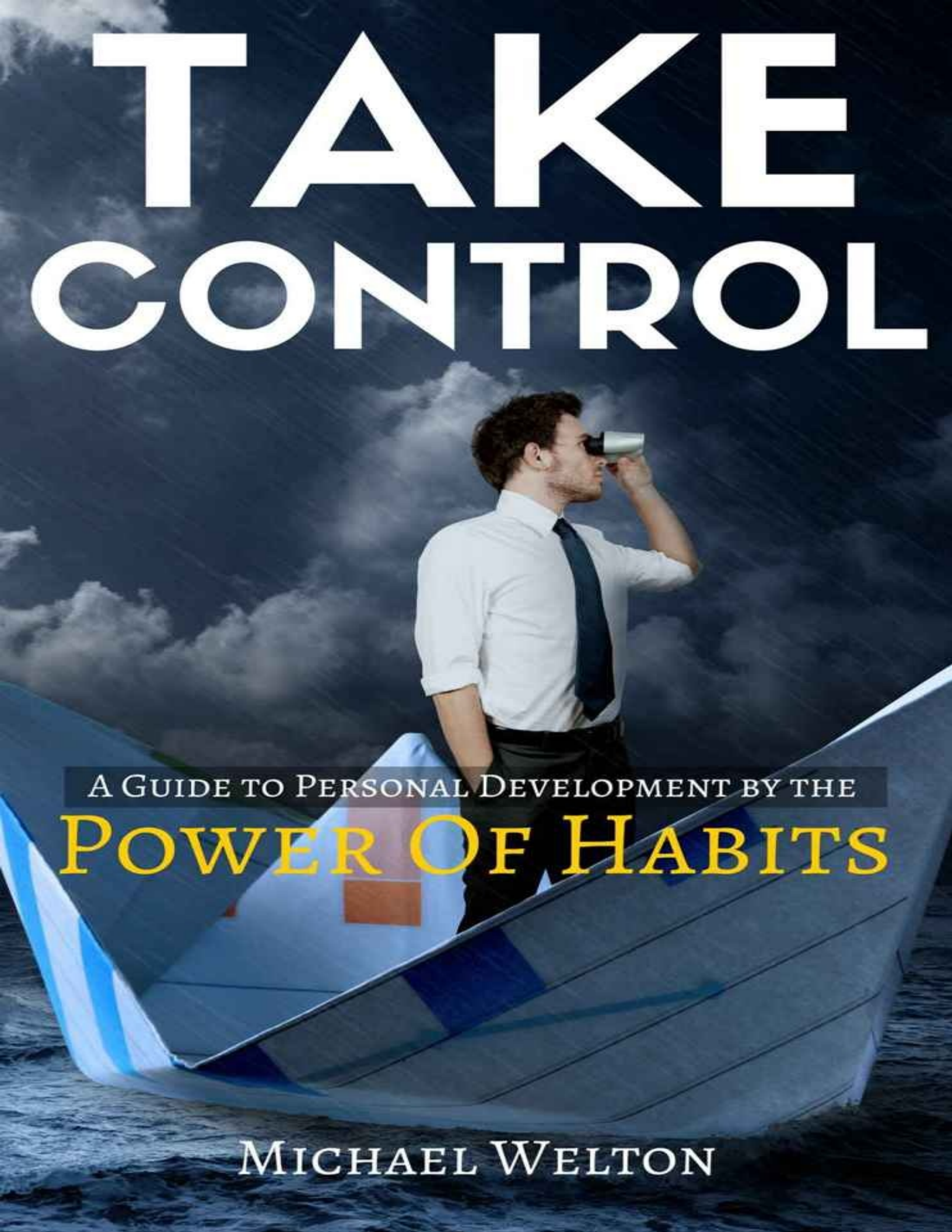

A Guide to Personal Development by the

Power Of Habits

Michael Welton

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IT

Take Control
A guide to personal development by the Power of Habits

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Preface

Michael Welton has been a personal development coach for the last 15 years and has now started writing about it. He is still working as a coach and shares his experiences through his books to help as many people as he can.

Michael’s effective life lessons have become a significant touchstone in the personal coach field, helping thousands of people overcome negative habits and gain confidence. The book gives readers a detailed roadmap on how to successfully overcome common but destructive habits, such as procrastination, constant worry, addictions, and overeating, taking risks, among others. Following the tips in this book is going to enable readers to live life in a more relaxed and effective way.

Ch. 1: Introduction

In this book, expert personal development coach Michael Welton takes us to the edge of discoveries that explain the reason behind why habits are really important in our life and how negative habits can be changed. Habits are really important and there is no way to go through life without them. They regulate many regular activities in our life and assist us in freeing our minds so that we can concentrate on other activities. The key to being healthy, exercising regularly, working in a more productive manner, and being more successfully is properly understanding the way habits work. As Michael explains, by taking advantage of positive habits, we will be able to positively transform our communities, workplace, relationships with other people, and even our life.

If you are able to build your confidence, you are going to live free of doubt and self-criticism. You are also going to be able to overcome challenges in your life, being comfortable around people, and generally feeling great about yourself. When you have low self-confidence, the idea of loving yourself is foreign. You consider yourself to be unworthy and always have the feeling that there is nothing in you to love or appreciate. In fact, you will probably find more reasons to hate yourself. The book also consists of detailed tips on how readers can improve their confidence and live a life free from constant worry and anxiety.

The next chapter is the start of your new life.

Ch. 2: Procrastination

Why do we procrastinate ?

Whether people are consciously aware of it or they're not, they spend hours of their time procrastinating. This is an action they repeat on a regular basis even if its results to unpleasant feelings like fear and discomfort. Why do people do this? What about procrastinating that is so effective that people are compelled to repeat this behaviour constantly?

The main reason behind procrastination is fear. That instinctive feeling whose reason is to protect us from danger or pain and push us away from things that can threaten our pride, emotions, or life. However, left undone or unchecked, these fears can result in clinging to the hope that is we procrastinate for a long time, the situation is going to become better, and misgivings are going to disappear and will be more clear.

You tell yourself that ‘’one day’’, you are going to make the changes needed, timing will become better, or your confidence is going to become stronger.

On the other hand, many procrastinate because they want to think there steps through carefully before implementing a certain action or taking a decision. They prefer to wait and think about it many times before making the final decision. Believe it or not, many perfectionists are procrastinators, as they think ‘’I don't have the required skills to accomplish this perfectly, so I'm going to put it off for a while or won't do it all.

The good sign behind procrastinating

You have probably been taught that the process of procrastination is not good — it means that you're lazy, not careful, and disorganized. The truth is that you can't really help yourself but do it. Sometimes, you just don't want to spend time doing something unless the deadline is close. When you think about it, there is definitely something that is beneficial for you.

Five main advantages of procrastination are:

1. It leads to a boost in energy

We usually procrastinate on activities that we don’t like or know are tedious. We have no or low energy to accomplish these tasks. Fear of a close deadline results in the release of adrenaline which is a source of energy. When we procrastinate, we use fear and worry as a motivator. As the deadline becomes closer, we worry about the results of not getting something accomplished on time. That fear leads to the release of adrenaline, a painkiller, and having less pain makes achieving difficult tasks a lot easier. Energy is definitely the strongest advantage of procrastination.

2. Better focus

When we wait until the last time to accomplish a task, this will result to better focus. Due to the rush to fulfil a deadline, the possibility of being distracted is low. We aren’t going to be answering calls, emails, or thinking about checking any else until the task is accomplished.

3. Faster work

When we have less time to accomplish a task, we are most likely going to get it done faster. The tasks that you have been avoiding are going to be easier to accomplish because you will get them done as soon as possible.

4. Other things get easier

Submitting a financial report or editing work is going to be easy in comparison to the tasks you’re avoiding. This is going to let you get all the things done painlessly because you’re glad to avoid doing the things you’re procrastinating on.

5. Lowering expectations

There are many cases where people are scared of failing at a certain task so they wait until the deadline is close. They will then blame the quality on the deadline if it isn’t up to standards.

Using procrastination to your benefit isn’t a bad technique at all for getting the energy you require to accomplish tasks that you need to get done or have been avoiding. Whether you want to take out rubbish, finish a report, or simply do anything that you’ve been avoiding, procrastination is a great way for you to accomplish tasks in as less time as possible.

Even though there is a positive side to procrastination, it is essential to overcome it. Tips on overcoming it are included in the next sub chapter.

How to overcome procrastination

Step 1: Understand that you’re procrastinating

When you procrastinate, you’re probably aware that you’re doing it. Do you usually fill your day with tasks that are a low priority? Do you read email numerous times without beginning work? Do you wait for the ‘’right time’’ to get something done? If your answer is yes to these questions, then you are in fact procrastinating.

Step 2: Determine the reason behind procrastinating

This depends on you and the task. It is essential to determine which of the two is applicable in a certain situation, so you can choose the suitable strategy for overcoming your lack of enthusiasm.

One reason is that people might find the task unpleasant and attempt to avoid it as much as possible. The best way to solve this is by getting the task as quickly as possible. This will enable you to focus more on the enjoyable aspects of the task. Another reason is being disorganised or feeling overwhelmed by the task. The solution for this is trying to become organised. This will help you in staying focused and avoiding temptation because you’re going to have things such as to-do-lists and notes which emphasize how significant the work is.

Step 3: implement anti-procrastination techniques

Procrastination is a popular habit-a deeply embedded behaviour pattern. This means that you won't just stop it overnight. Some tips that can get you started are:

- Create your own rewards. For example, buying your favourite dessert or watching your favourite movie if you have completed a task.
- Ask another person to constantly check up on you. Yes, peer pressure does work.
- Identify the unfavourable results of not accomplishing the task.

If you're avoiding completing a task because it is overwhelming, you have to take a unique approach.

- Start by dividing the project into smaller and manageable tasks. It is definitely helpful to establish an action plan.
- Begin with fast and small tasks if you could, even if it isn't logical to begin with them first. You're going to feel that you're accomplishing things, and perhaps the project isn't going to feel overwhelming after all.

Ch. 3: Know & understand yourself first

Mirror, mirror, who am I ?

The first step to fixing any issue is admitting you have one, and that is true in every part of life. Self-awareness is really important if you want to let go of negative habits. It is essential to understand that self-improvement is difficult to accomplish without self-awareness.

Self-awareness involves properly understanding your needs, failings, bad habits, and simply anything that you want to change. The more you understand about yourself, the better you are going to be at implementing positive life change. Of course, self-awareness is an important part of both the therapy process and philosophy. It is also the main basis of what is known as ‘’quantified self-movement’’, which explains that if you collect information about yourself, you are going to be able to make improvement based on this data.

Essentially, the more you give your emotions and the way you work attention, the better you are going to understand why things are done the way they are. The more you understand your habits, the easier it is going to be to enhance these habits. In many situations, this takes experimentation.

The fact is that you can implement every single tip out there and read every self-help book in the world, but this is completely pointless if you don’t understand yourself well enough so you can implement the correct advice. For example, when I was in university, I used to spend most of my time staying up late and finishing paper until late in the evening. My room was a complete mess, I didn’t even work on a proper desk, and I spent endless all-nighters. I felt tired every single day and this affected the papers that I was writing. This is when I started being ‘’aware’’ that this is an issue and has to change. If I wasn’t aware of this, I wouldn’t have been able to learn how to organize my life and improve my time management skills.

The importance of visualization

Visualization is an important tool for personal development. The same way affirmations can assist you in motivating yourself, being more energetic, and focus more to successfully achieve your goals, so can visualization.

Even though it has only gained popularity as a personal development tool during the late seventies, we have actually been using mental imagery for a really long time. When there is an idea to do something, we actually visualize it first. For example, if we are hungry and would like to eat, we picture various food possibilities. We also consider whether we would like to cool at home or go out, and whether we want to eat alone or not. When we have an even to attend, we visualize the outfit we are going to wear and what shops we will go to if we need to go shopping.

What exactly is visualization?

It is the process of using our imagination through mental imagery and pictures to make visions of what we really want from our lives and how we are going to make this take place. Along with focus and feelings, it becomes a strong and creative tool that assists us to achieve what we really want in life.

When used the right way, it can lead to self-improvement, good health, assist

you in performing well in different aspects of your life, and successfully accomplish goals in life. Mental imagery is usually used by athletes to enhance their skills by visualizing their achievements, like successfully finishing a race. The good news is that visualization can be used for anything in life, whether you want to improve yourself in work or deliver a speech.

How exactly does it work?

The reason why visualization works is because when you picture yourself performing well and doing what you want, you create neutral patterns, just like if you actually performed the action. The idea can stimulate the nervous system in a way like the actual event.

Performing and rehearsing a situation in the mind creates neural patterns that teach our body and muscles to do what we would like them to do. This is a reason why many athletes have to go through training where they learn about visualization. In order to be done effectively, such as any skill, visualization has to be practiced on a regular basis. The four mental imagery elements are relaxation, regularity, realism, and reinforcement.

When should visualization be used?

- For successful results:- This includes performing skills at high levels, successfully achieving goals, being who you want to be in life, and living the life you like.
- To motivate: imagine yourself successfully achieving goals to remind yourself of your goals and what you are going to do to successfully reach them. There is a reason why many athletes, actors, and even singers visualize themselves before carrying out a routine, program, or get it done many times in their minds before actually implementing them. However, you don’t have to be a singer, actor, or athlete so you can do this. All you have to do is having a goal in mind and the passion for working hard to get it done.
- For run throughs: - It is essential that a run through of essential elements of the goal is done first. For example, this assists them in focusing and removing pre-performance jitters, therefore making them more comfortable. You can look at it as something like a warm-up or pre-rehearsal.

Visualization is an excellent tool to be able to prepare for anything and everything. It usually results in higher performance levels.

The visualization process

1. Go somewhere where it is quiet and you know you aren't going to be disturbed at all. Close your eyes and start thinking about the goal, mood, or even new skill that you want to accomplish.
2. Breathe deeply.
3. Visualization the situation or goal in mind as clearly as possible and with as much details and concentration as possible.
4. Add emotions and feelings to the vision.
5. Practice this at least two times per day for about ten minutes every time.
6. Persevere until you have completely succeeded.
7. Maintain motivational thoughts and a positive attitude throughout the whole process.

Ch. 4: Why do I want to change ?

Acceptance if very important

Accepting who you are is really important because if you don't, this is most likely going to lead to several issues and stop you from progressing in life and changing to the better.

Self-acceptance means that you completely understand the person you are and where your power points and weaknesses are. This is going to enable you to be comfortable in your own skin.

If you are able to build your confidence, you are going to live free of doubt and self-criticism. You are also going to be able to overcome challenges in your life, being comfortable around people, and generally feeling great about yourself.

When you have low self-confidence, the idea of loving yourself is foreign. You consider yourself to be unworthy and always have the feeling that there is nothing in you to love or appreciate. In fact, you will probably find more reasons to hate yourself.

Low self-confidence is a self-fulfilling prophecy. When you hate yourself, this will lead to you having less motivation and even energy. Your self-confidence will continuously decrease as your brain focuses on negative thinking only, further drowning you in ideas and belief that aren't realistic whatsoever.

Self-confidence improves by changing the way you think and behave. It is important that you practice new types of behaviours and idea until you start feeling a significant improvement. However, this is sometimes easier said than done. Many people find it difficult to feel confidence or love who they are, even if they practice these thoughts or try to establish a concept in their mind that they're worthy. For example, when someone gives them a simple compliment like you're beautiful''. Instead of taking the compliment and feeling happy about it, they end up reversing the compliment and feeling ugly and unlovable.

Underlying emotional challenges that you face, like depression and relationship issues, is the main struggle for loving yourself. When you don't feel that you're worthy or aren't able to accept weaknesses you have, you are going to probably shove down how you're feeling (usually results in anxiety) or expressive the way you feel in an unhealthy manner (anger or dysfunctional behaviour)

Confidence is simply having the feeling of certainty. When you feel confident about something, then you're certain about it. Let's put it this way, when you're confident about yourself, then you're certain about who you are and that you have amazing features. Confidence is also a feeling, just like anxiety or self-doubt. However, the difference is that this can be a positive feeling that changes your life. Confidence is also related to esteem and whether you love yourself or not. Confidence also includes different components:

- Self-acceptance: it requires understanding the person you are and accepting that you have faults. Only after you start accept yourself do you begin changing and becoming the person you would like to be. Self

acceptance involves accepting the pace you are growing in and failures that happen. Self awareness is an integral part of self acceptance, as you begin noticing other confidence areas that you don't have, accept them, and then work to fix them.

- Self-respect: Self-respect is an important component of confidence. This doesn't only include your actions, but the way you speak to yourself, which is really important and can't be understated. You are going to speak to yourself on a daily basis and feeding your subconscious with a different message about who you are. Are you going to be upset all day or treat yourself respectfully?

- Self-esteem: it is considered to be the value you give yourself. Recognizing and confirming that you are great and valuable. As a component of self-esteem, it also involves not accepting what is considered to be substandard behaviours.

- Self-belief: this is one of the most important components of this book and confidence. Believing in yourself and trusting your judgement, skills, and behaviour is self-love. It is the idea that no matter what the outcome is, you are going to be able to manage and handle it.

- Self-love: when you think about the concept of falling in love, a significant proportion of it is similar to confidence. You will always feel energetic, happy, and ready to face the world. When you practice, building these feelings will enhance your overall confidence. Happiness

is synonymous with confidence, exactly like love is a strongly positive emotion. You should like and love yourself. Even though this idea could be hard to grasp in the beginning, as the expression says ‘’she loves herself’’ is considered to be derogatory in our culture today. However, the purpose isn’t egotism here, but to genuinely love and accept the person you are.

- Self-assurance: this is the main thing that people say when you ask them about what makes them confident. Understanding your purpose and validating yourself, instead of searching for others to validate you is essential component of self-assurance. The main difference between self assurance and belief is similar to the difference you go through when you say you understand something as opposed to completely trusting that you do. Knowing involves absolute certainty. Without self belief, you resilience to any negative circumstances will crumble. Both are important and complimentary.

- Self-determination is having complete freedom and being control of your circumstances and reality. You are in complete control of who you are and your beliefs and then act based on them.

You might read all these different components and wonder how you can achieve all of them. The truth is that once you start improving one, the rest is automatically going to follow. For example, when you love yourself, you are going to have self assurance as well. When you have self assurance, you will have complete control of who you are and your life.

The good news is that this book includes guidelines on how you can improve

confidence and self-esteem.

Importance of self-love

Self-love is important for being a fully actualized person. When you don’t love who you are, this is going to compromise the relationships you have with other people and other important aspects of your life. You probably won't even be able to function at an optimal degree or be truly happy. Also, low self-love can lead to self-sabotage and unstable behaviour like:

- Feeling needy and insecure.
- Feeling like you have to please people all the time.
- Defensiveness and oversensitivity to people’s criticism.
- Eating disorders.
- Unstable relationships.
- Poor communication and social skills.
- Underachievement.
- Workaholic behaviour.

Self-love can be very difficult to achieve at times because sometimes, the world doesn’t really reflect what we want to believe about who we are. For example, someone can accept the idea that they’re worthy, but in the real world, this person will encounter judgements and criticism which might bring them down. In many cases, people can be told they aren’t really that good in something, like their job for example, and sadly they end up believing it.

Many people have forgotten that they need to trust themselves and depend on their beliefs and the way they seem themselves. Instead, they end up looking or waiting for others to build them up and give them what they want. If someone doesn't like who we are, we can end up struggling to completely changing the way we are just to gain this person's approval and fit in.

Also, many people are getting trapped in what is known as ‘’the negativity bias’’. This is an evolutionary adaptation where we end up paying attention to negative ideas instead of positive ones. With all these challenges taking over efforts to feel confident and love who we are, it isn't shocking that many people over the world don't love themselves and suffer greatly from it to truly embrace who we are, we need to learn how to think of ourselves in a new way and respond positively to the input that we receive from those around us.

When you accept yourself, this is going to enhance your self-value and enable you to accept other people. Self-acceptance will enable you to be happy with the person you are without giving up any opportunities to improve or progress in life.

Thinking low about yourself will only make it worse

When you think low about yourself and constantly complain, this is just going to make things worse for you. Let's look at some of **these issues:-**

- Low self-esteem – Not accepting who you are means that you have low

self-esteem and this is probably going to get worse as the days go by.

- Avoiding the truth-Many people who don't accept who they are push themselves to be who they aren't.

- Unhappiness-this is associated with the last 2 points because you aren't going to be enjoying life as you will be overlooking your inner voice.

- Not believing in yourself-low confidence and self-esteem will lead to you not being sure of who you are and what you want to achieve in life.

One of the worst things you can do is neglect the way you feel or your thoughts. Begin paying attention to where your thoughts are coming from and how often do you think about yourself in a negative way. This awareness alone is going to help you in eliminating these thoughts from your head, even if it only for a couple of minutes. Reduce the power of negative ideas by understanding what they are in identifying them.

When you become aware of these patterns, you should begin filtering these thoughts by applying reality to them. Yes, this is definitely something that no one likes doing, but it is going to bring you one step closer to improving your confidence.

When there is a chance for positive change, then go for it and do whatever you can to change your behaviours and ideas to support this as well. Keep in mind that just an outward change isn't enough to make you feel lovable about yourself. Even though it is a great thing that you are taking action to change yourself to the better, this action has to be supported with the inner work on the way you are thinking. After all, what is the point of changing certain behaviour to the better if you don't really believe it in your head?

Find a goal to work on

"The trouble with not having a goal is that you can spend your life running up and down the field and never score." ~ Bill Copeland

Ok, so this is probably not the first time you have heard about the importance of setting goals, and it won't be the last. Understanding the significance of goal setting is essential to accomplishing outstanding things in life. Reasons why the process of goal setting is important and what you can do to implement it effectively includes:-

1. Goals move you forward

Writing down a goal with a fixed date for accomplishing a task provides you with something to work for. A written goal is an external depiction of your desires and a continuous reminder of what you have to accomplish. There is a very regular pattern that comes with implementing actions towards goals. When you put your mind to achieve something, you become excited and work hard and then motivation begins to decrease. Having goals that you could focus on and imagine assist you in connecting yourself with inner desires. This also gives you the motivation required to work during a period where focus begins decreasing.

2. Goals enable us to achieve dreams

Many of us have dreams that seem unrealistic or impossible to achieve. It is easy to become discouraged when you have a massive dream. Effective goal setting can assist break larger goals into smaller and achievable ones. Planning towards these goals doesn’t only make it a lot easier to devise an action plan that you can start working on instantly, but research has demonstrated that implementing smaller milestones increase motivation and leads to higher contentment.

3. Helps us trust in ourselves

Goal setting is a method to fuel ambition. It isn’t only about creating a strategy for your life and being accountable. It is also about getting the inspiration needed to achieve things we never thought we could. Are you looking to achieve things that many individuals dream about, but fewer people actually end up accomplishing? If you don’t make it as an important goal and work towards fulfilling it, why would you believe that you can accomplish it?

4. Goals make you accountable for mistakes and failure

When you don’t write down goals and set a timeline to achieve them, how can you go back and re-assess the path you took if you failed? There is something really humbling about going back on the goals you have placed for yourself and realizing that you should have accomplished more and understand what your mistakes were. This will result in you avoiding the same mistakes again in the future.

5. Living life to the max

When you set goals, you make sure that your life is directed towards doing what you want and achieving the most you can. There is so much you can experience in life, but the fact is that many things we would like to achieve will never be easily handed to us and we have to work to achieve them. Of course, this doesn't necessarily mean that every single second of your life has to be planned out. During the journey, you are going to find many interesting things to do and learn that you never would if you didn't set goals in the beginning. You might also start learning new things and being able to organize your life in a better way.

Ch. 5: Guidelines for improving confidence and self-esteem

Create a record of positive qualities you have and define worthiness

One of the biggest steps anyone can take in loving themselves is reminding themselves about the type of person they are and can be. This sounds simple, yes, but also challenging when you really don't think that much about the person you are or don't believe that you have good qualities. People with low self-confidence don't even believe that they have good qualities, no matter how much people tell them that they do. However, they key here is persistence. The more you recall them, every one of them, the more you're going to believe them. When you re-read your life, you will find that you have many qualities that you are proud of. When you start gaining self-confidence, you are going to begin understanding that these people were right when they were telling you about the amazing qualities you have. The procedure of writing them down will reassure you that you are definitely worthwhile. You should then write down example of when you displayed these qualities. You don't necessarily have to do this to many qualities. A good idea would be to choose five of the best qualities you have. For example, if one of your amazing qualities is that you are honest. You should then write it down and next to it explain situations when you were honest, like when you said the truth in a serious situation or when you returned something expensive that wasn't yours. You will now have concrete evidence that you had attributed to yourself-a strong silencing tool for your inner critic!

Examining the values you have is important as well. Define integrity; get clear on the things you believe in, and how you want to live. Yes, taking advice from people about your life is important, but if it doesn't make you happy, then why do it at all. For example, if someone tells you that you need to get married because this is what tradition says. If you don't believe in this, you are never going to be happy. As long as you aren't hurting anyone, you should always do what you love and go for it. I still remember when I was quitting my banking job and wanted to pursue writing full term. Everyone told me not to do it and that I should stop dreaming and stick to something more stable. However, I hated my banking jobs and it was making me feel miserable every day, especially because I knew there is something out there that I could do that I truly love and would make me really happy. I took the leap, started writing full term, and it definitely made me one hundred times happier.

Make an activity diary for all your achievements

Many people have reported that this step had the most impact on their self-confidence. When you write down your achievements and great things you have done on your level, this is going to positively impact your self-confidence. Whenever your self-confidence is low, you can look back to the diary and remember the outstanding things you have achieved and the many great things you can still do in the future.

Many people have the misconception that the achievements you record have to be great or something significant. The fact is that this isn't true at all, and it can be something as simple as helping someone carry their grocery bags or getting

an excellent grade on a test. The point is that you are going to look back at the diary and remember all the great things you have done. Keep in mind that what is considered to be an achievement for you doesn't have to be for another person.

The process of recording your achievement is a really easy process too and won't take that much time. What you should do is list entries on a daily basis and then separate them based on three letters: A (for any achievements), F(activities you do that are fun), and R (relaxation activities). Achievements stands for any success you experience, no matter how small, in your academic, personal, or work career. Reached out to a friend after not speaking for a while? That's an achievement. Learnt something new about a field or topic you are interested in? This is considered to be an achievement as well. When it comes to fun activities, these are activities that are enjoyable or pleasurable to do. This part is for everyone but is more targeted to individuals who spent so much time working, studying, or simply being stressed out. Doing something fun when you haven't done so in a while is considered to be an achievement. Finally, relaxation activities are equally important as well. You have probably read about the importance of taking an hour of each day for yourself and doing something relaxing or fun. This is very important advice and you should make sure that you spend at least half an hour every day doing something relaxing and beneficial for your health, such as jogging, getting a massage, sleeping an hour early, yoga; the options are literally endless.

Make sure that you list small achievements as well. Even though these instructions are very simple, they are going to transform the way you see your time and care about yourself. No longer will you think of fun or relaxation activities as something that is frivolous or not important. You will see them as being equally valid and important. You will also start seeing how there is nothing wrong with having fun and enjoying the joy it gave you. You will also find what makes you relaxed and calmer. The fact is, this is one of the simplest activities you can do. All you actually need is a pen, paper, or diary.

Challenging negative core beliefs

The issue with core beliefs is that people believe them at their core. Unsurprisingly, one of the main negative beliefs that many people have is that they are unlovable. The first thing you should do is write this idea down and then challenge it so you can discover a core belief that is more realistic. Even though it can be difficult in the beginning, by the time you will begin understanding that it is okay to not be perfect, and people are still going to love you and find you lovable. This is definitely a core belief that is more accurate and one you should be working on. There are several steps you should follow to successfully challenge and overcome negative beliefs and then substitute them with positive ideas.

- Identify core beliefs:

It isn’t necessarily to go through the process by attempting to fix every single negative core belief you have. Begin with severe and constant core beliefs first. You will find out that there is a core belief that greatly impacts what you think and how you behave. The smaller core beliefs, like the ones that affect your mood, can be solved after you overcome smaller ones.

- Evaluate how it affects your life:

To be able to become motivated enough to change your negative belief, you need to first understand what effect it has on your daily life and on your future. Meditate or list down answers to this question.

How do these negative beliefs affect my life? An example would be that it stops you from feeling confident or maintain relationships with other people. Another example would be that is makes you stressed in public or results in you hating yourself.

- Assess how much you actually believe it.

Usually, your negative beliefs are completely ridiculous and not true but you simply don’t realize that because you really believe them. On a conscious level, it is easy to dismiss them. On the other hand, they can be a wreaking havoc on unconscious levels. Due to this reason, it is essential that you sit down and reflect on whether you really want to change your core belief or not. It is essential that you are true to yourself and say the truth, which can be difficult. From a scale of one (don’t believe it) to ten (really believe it) assess how much belief you have in it. If you end up scoring more than five, make sure you ask yourself why you believe it is true. It is recommended to write down your answers and reflect on previous experiences that uphold these ideas and beliefs. Be 100% honest in your answer even though you find it ridiculous, it will help you see your improvements later on.

- Think about what is stopping you from making a change:

There are various reasons to why we don’t change our negative beliefs or aren’t able to after we identify them and understand how much they’re affecting us. Usually, these reasons include being scared to fail, change, or uncertainty. When you think about it, we have been habituated to act and behave in a specific way all our life, so what will happen when we don’t? Also, what is going to happen when we change the way we behave or fail while trying to make a change? Before you attempt to change any core beliefs, you have to be able to commit to the whole journey. You also need to become conscious of the factors preventing you from changing negative core beliefs and making a positive impact.

- Find methods to disprove negative core beliefs:

Now that you have an understanding of how you believe in your core belief, you should try to see the ‘’bigger picture’’. When you find a way to disprove the negative core belief, you are going to prove in your unconscious mind that you aren’t positively served by a conviction that is deeply served. For example, when your core belief is that you are unwanted, you should search for ways or situations where you were wanted.

- Develop an action plan:

When you identify and replace core beliefs you have, the next step would be having an action place. Start by asking yourself about the actions you're planning to take during this week to constantly overcome your thinking patterns that are associated with negative beliefs. For example, you can plan to constantly remind yourself of the different ways or situations you were lovable in if your negative core belief is that you don't deserve to be loved. You can also plan to write down in a journal where you record any changes or progress you have made.

Replacing negative core beliefs with positive ones is one of the main things you can do to enhance your self-confidence. However, you should remember that this actually takes time and a lot of effort, but the results are endless. Not only will you be able to improve your confidence and love yourself more, you are also going to have better self-esteem, productivity, and self-fulfilment.

Stay healthy

You've probably heard about the relationship between the body and mind. You aren't going to have a healthy body if your mind isn't healthy and vice versa because the two are connected to each other in many ways. Improve your physical body by maintaining a healthy diet instead of spending your money on junk or what is known as ''comfort'' food.

Staying healthy is also going to improve your mood. As mentioned previously, when your body is healthy, your mind is going to be healthy as well. Research has shown that exercising stimulates chemicals in the brain that leave you happier and relaxed. When you're happier, you are going to love yourself more and be able to focus on improving yourself. Eating healthily and exercising will improve your well-being and healthy. This will give you confidence about your appearance and boost your self-esteem. Other significant short-term advantages include low-stress levels and the ability to take better decisions. Based on research conducted by the *American Journal of Health Behaviour*, staying healthy gives people the confidence they need to develop healthy social connections. Whether it is volunteering or joining a fitness team, communal activities assist in improving moods by increasing serotonin levels.

Take the time to learn about different types of food that make you feel great and are really healthy. Moreover, you should exercise as well but make sure it is something you enjoy doing. Take the time to find something that you like and don't follow what other people do or say to stay healthy if it doesn't work for you. Keep in mind that what works for you doesn't necessarily work for them as well. Gone are the days where you have to spend most of your time in the gym to work on your physical health. If this is what you like doing, then go for it. If

not, there are other great options available such as yoga, paddle boarding, sea kayaking, and others.

Choose the right people

The people you surround yourself with have a significant impact on your confidence and how you're feeling. They can also play a big factor on your happiness and whether you are able to improve yourself or not. Think about it, if you are constantly surrounded by negative and judgemental people, this is going to make you feel worse about yourself. On the other hand, if you are always surrounded by positive people who truly care about you, you are going to be a lot happier and will be able to improve yourself.

Many people with low confidence choose the wrong types of friends. If you are friends with people because you can't find anyone else to be friends with, this is the worst thing you can do yourself. Find positive and supportive friends who will make you feel happy, cared about, and most importantly, loved and appreciated. Eliminate people who constantly try to make you feel bad by treating you in a bad way or manipulate you. Some people are using others to shine or to seem better in front of others. Even though this isn't an easy thing to do, letting go of negative people can have a significant effect on how you feel on a daily basis.

When you think more deeply about the individuals you interact with on a daily basis, it is going to be easier for you to work towards filling your life with positive individuals who assist you in cultivating positive and stable relationships. Obviously, this isn't really easy in many cases such as at work. However, you can have complete control over who enters yourself and who you surround yourself with in your personal life. All you have to do is evaluate how these people really make you feel. Evaluating the individuals we spend times with enables you to examine if they really add something beneficial to your life

and how it would make you feel if you eliminate them from yourself. You will find out at this moment how you feel about them and how they contribute to your life if you are honest with yourself and feelings. Even though this is probably going to involve drastic changes to your life, it will result in a personal transformation that is going to empower you, because the decision to live the truth is going to fill your life with more happiness.

When you surround yourself with positive people, you will eliminate any negativity that is around you and creates more space to welcome renewed energy. Not only is this going to enrich your life, but it will place you in a healing space that encourages great growth, comprehension, and self-love. It is essential that you choose the people around you with great care because they directly impact the environment where you will either thrive or perform poorly. The best thing you can do is provide everyone with the chance to be your friend, but share your secrets and goals only with people who value them the way you do.

> *"People are like dirt. They can either nourish you and help you grow as a person, or they can stunt your growth and make you wilt and die."* ~ Plato

Become aware and filter perceptions

One of the worst things you can do is neglect the way you feel or your thoughts, especially if these perceptions and ideas are taking over your life and significantly affecting your mood. Begin paying attention to where your thoughts are coming from and how often do you think about yourself in a negative way.

This awareness alone is going to help you in eliminating these thoughts from your head, even if it only for a couple of minutes. The simple fact that you know that you shouldn't be thinking this way and should do something about it is an excellent step. Reduce the power of negative ideas by understanding what they are and identifying them. One of the things I highly recommend is writing down these perceptions and feelings and then writing why you feel about them this way. For example, someone might convince themselves that a certain colleague doesn't like them. However, when they write this down and start looking for reasons to why they feel this way, they're going to find that they can't come up with one valid reason and will come to realize that there should be no reason why they feel this way.

When you become aware of these patterns, you should begin filtering these thoughts by applying reality to them. Yes, this is definitely something that no one likes doing, but it is going to bring you one step closer to improving your confidence.

Change and celebrate differences

When there is a chance for positive change, then go for it and do whatever you can to change your behaviours and ideas to support this as well. Keep in mind that just an outward change isn't enough to make you feel lovable about yourself. When you ask some of the most confident people in the world what are some of the steps they took to reach this stage, many of them will tell you that they constantly worked on improving themselves and making positive changes. Even though it is a great thing that you are taking action to change yourself to the better, this action has to be supported with the way you are thinking. After all, what is the point of changing certain behaviour to the better if you don't really believe it in your head? Therefore, you should be completely convinced about the change that you're going to make or it will probably be a short-term change only.

Sometimes, things we hate about ourselves are considered to be great qualities by other people. For example, your family might consider you to be an outcast for certain behaviour but other people can find this interesting. You could think that you're boring because you aren't funny or don't speak a lot but other people could admire your ability to only speak when required. There is no need to try fit in if you aren't convinced or certain about a certain behaviour or action. Remember to always behave in a way that only you find suitable, as long as you are not hurting anyone, and you can go from there.

Practice gratitude

Research has continuously proven that practicing gratitude helps in improving your perception and feelings of confidence and happiness. Gratitude is one of the most important things that lead to self-love and confidence. When you find yourself thinking negatively, focus on switching gears and focus on practicing gratitude. Many people get this point confused and think it undermines the way they feel and that it is considered to be not important. This isn't the case at all. When you compare yourself to how other people are feeling or going through, you are going to find that there are people who are going through a lot worse and you are in a better position that many other people.

Start by making a list of things in your life you are grateful for, from the most important to ones that are less important to you. Don't just list down anything you can think of, but focus on every item that you write down and how you would feel if you lose it.

You should also be social when you practice gratitude. The relationships you have with people are considered to be a great determinant of happiness. Therefore, it makes sense when you think about these people when you are practicing gratitude. It is suggested to focus gratitude on individuals whom you're thankful for instead of materialistic items or situations. You can still focus and be thankful on the latter, but focusing on relationships is going to provide you with more benefits. While you're doing this, why not involve other people directly into your expression gratitude. It doesn't necessarily have to be something major, a simple thank you letter to someone you care about or who had done so much for you is more than enough.

Be kind to others

Unlike what many people think, kindness doesn't necessarily have to be something major or huge. It can be as simple as smiling at a stranger, encouraging someone, or simply saying thank you. It is an essential connecting technique, even if it's only for a few seconds, with those who pass in our lives. Yes, it can be free and not take any time. However, it is essential that you do it genuinely otherwise it won't really matter.

Kindness can also happen naturally, such as when you see someone who needs your help. An example of this would be helping an old lady carry her bags across the street or getting up in the train for a pregnant woman so she can sit if there is no space. They can also be thought in advance, such as planning to do something special for someone you really love because you know it would make them happy. To be kind, it is essential for us to understand those around us and be aware of them, and to notice how they feel and what they need.

Research has shown that individuals who practiced kind activities had a higher gratification sense. They also had more patience when they went through issues and difficult times in life. It doesn't necessarily have to only be volunteer work. If you only exert an effort to be a lot kinder and helpful on a daily basis, you are going to benefit a lot. You don't necessarily have to change the routine you currently have or any other activities you have in your life. You only need to look out for opportunities in your life where kindness can happen. Has anyone previously done something for you that instantly made you feel better? Kindness here and there goes a very long way and it is beneficial for everyone involved.

"Be kind whenever possible. It is always possible." ~ Dalai Lama

Forgive and deal with wounds

To love who you are, you need to first forgive yourself and others who hurt you in the past. You will never be able to live comfortably if you feel a grudge against someone or if you have done something bad to someone. Feel bad isn't going to solve anything. The right thing would be to correct any wrongs you have done. It's okay to do mistakes, you might have hurt someone unintentionally, but the key here is to fix what you have done. The ability to forgive others and yourself is a significant step towards self-love. If there is anything from your childhood that is hurting you or has affected your self-confidence, then you should take the necessary actions to overcome it and heal your wounds. If you find that this is too much for you, then you can seek help from a professional counsellor. There is absolutely nothing wrong with that and you will be able to learn a lot of ways to overcome this yourself.

Also, the worst thing you can do is hold a grudge. Letting go of grudges and forgiving someone is going to lead to you being happier and having peace of mind. Forgiveness can result in healthier relationships, greater psychological well-being, less anxiety, fewer depression symptoms; improve cardiovascular health, strong immunity system, and better self-esteem.

There are many reasons why it's easy to keep a grudge. When you have been hurt by someone who you really love and trust, you are going to become angry or confused about what just happened. When you dwell on these events, these grudges are going to be filled with resentment, a feeling of revenge, and hostility. When you allow these feeling to take over your positive feelings, you are going to find yourself consumed with injustice feelings and bitterness. There are also many impacts of holding grudges both mentally and physically. When

you’re unable to forgive and keep on holding grudges: You will:

- Bring anger and resentment into new relationships and experiences.

- Become wrapped up in the event where you can’t enjoy your life. This can even lead to feeling that your life doesn’t have meaning or that you can’t follow spiritual beliefs anymore.

- Become depressed or stressed out all the time.

- Lose valuable connectedness with other people.

So, how exactly are you going to receive this forgiveness state:-

When you decided to forgive, you are making a commitment to a journey of change. First, you need to consider the importance and value of letting go of grudges and its significance in your life at a certain time. You should then assess why you shouldn’t be upset that this person did this horrible thing to you and how there are many excellent things out there. When you forgive people and let go of the grudges you have, you won’t have to define your life by the way you have been hurt. You never know, you could possibly find compassion as well.

Set boundaries and speak up

When you don't love yourself, you start letting other people take advantage of you. Something, you don't even know if this really happening or not because you have never learnt to create boundaries. Think about how you would like to be treated and what you are willing to tolerate. Begin by communicating a boundary each time and then make sure you are firm with implementing it.

Part of following your boundaries is by speaking up and defending yourself. If others do things that you don't necessarily like, or if you don't like sharing your opinion because you're scared of that, try stepping out from the comfort zone you've set for yourself and you will see by time how good this makes you feel. When you set boundaries, there is a high possibility that many people are going to object to these boundaries. Here are some strategies you can follow to deal with these objections:

- Be consistent and firm with these boundaries.
- Make them simple.
- Stay calm.
- Be responsible when it comes to your emotional reactions instead of blaming them other people.
- If you find out that compromises can be made, try to be as flexible as possible. However, make sure that you do this slowly and not agree to what doesn't feel suitable or right for you.

When you have implemented strong and clear boundaries, you will begin

noticing by the time that these people are slowly giving you more respect and the boundaries you want. This will make you more confident and not worry about being judged. Most importantly, you are going to be doing what makes you happy. Emotional manipulators are going to back off and instead of them, sustainable and healthy relationships are going to thrive.

Show love

Showing love to yourself and others is one of the most important components of self-confidence and love. When you show love to other people, this is going to enhance your self-love because you are going to automatically feel good about yourself. If you want to receive love and compassion, it is important that you treat other people the way you want to be treated. In other words, become the type of person you would like to be around. For example, if you don’t like being lied to, then there is no reason why you should be lying to other people and not be honest with them. Don’t show love to be validated or receive it in return but offer it unconditionally without any expectations. You are showing love and kindness because you are a good person, not because you are expecting something in return.

Do what you love

You've probably noticed that the most successful people in the world are those who love what they do and are passionate about. A passion provides you with a reason to wake up in the morning and pursue it. You will find that you're using your skills in a natural way and this is going to improve your confidence and the way you perceive yourself. Understanding your passion enables you to be original and express yourself. You don't need to pretend to be something that you aren't.

One of the main things you can do is treat goals like they are recipes. You need to take it one step. It can be easy to become mired in your daily activities, and even though you could be something that you really like, this doesn't necessarily mean that you will love it every single time. Segmenting your goals and having a clear vision is going to allow you stay calm and completely focused. Keep the desired objectives in mind, but please try to be grateful and not look past the place you're in now. Throughout the process, you are always going to be learning and becoming closer to what you want to do in life.

While you are learning and becoming a step closer to doing what you love, try to seek help and gain motivation from individuals who are doing it in a better way that you can. Try to use networks, lessons, and resources in a thoughtful manner. Overall, the process of doing what you love might take time in the beginning, but you are going to be happier, more confident, and proud of yourself when you achieve your goal in the end.

Create a balance

A complicated life that is overly scheduled is going to leave you feeling drained and create stress and anxiety. There are thousands of people working endless hours and only caring about money. They waste their time running after money to wake up years later to find out that they haven’t done anything for themselves and haven’t really experienced the world at all.

It is important that you balance your day properly and always put your mental and physical health into consideration. This is going to give you room to follow your passion, work on who you are, and redefine how you’re going to organize your schedule and spend your energy doing what you love.

Learn effective communication skills

Being able to understand how you feel and communicate your feelings and what you don’t like or dislike, in a non-confrontational and healthy manner is important for self-confidence. Everyone has their insecurities, but instead of hiding them, work on enhancing your emotional intelligence. When you communicate effectively and in a healthy way with people, this is going to lead to you becoming happier as well.

Practice optimism

Whenever you go through negative feelings or situations, such as believing that you aren’t good enough, affirm to yourself that these feelings are completely false. Instead of making unnecessary statements about your value and worth, try to identify more realistic and optimistic affirmations that you can continuously remind yourself with. For example, you can say, ‘’I haven’t accomplished everything I wanted to this month, but I will do my best to finish and improve myself when it comes to time management’’. Improvement is possible and working on these improvements are going to make you feel confident about yourself.

Learn acceptance

There is a possibility that you don’t like something about who you are, whether it is your face or body. There is a possibility that you aren’t funny or engaging like other people and this could be bringing you down. The fact is that this is who you are, and believe it or not, there are people who could actually like these qualities and want to be like you. It is essential that you accept who you are so you can learn to be confident and love yourself. It is also never too late to change certain things or behavioural patterns that you don’t like. For example, if you think that you get upset too quickly there is always a chance for you to change this and you can work on being more patient for example.

Ch. 6: Introducing Habits in your life

The power of habits

Habits are really important and there is no way to go through life without them. They regulate many regular activities in our life and assist us in freeing our minds so that we can concentrate on other activities.

For example, if you had to continuously think about regular functions such as walking or speaking, you wouldn't have any mental ability left to perform other actions and functions. The ability to eat enables us to focus on consuming the food required for us to stay alive and choosing meals that we like and are good for us. Similarly, walking using automatic ways enables us to be able to think about where we're headed. You have thousands of good ''habits'' that your muscle memory developed over time. Even the process of breathing is considered to be a deeply ingrained habit.

Therefore, habits have a significant role in making our lives simpler and decreasing the amount of stimuli we have to process. It is estimated that from 11,000 signals, the brain is only going to process about 40. Habits also save us time and nature because they're automatic and need little physical strength. For example, brushing teeth needs small amounts of mental energy.

Good habits create routine and efficiency. On the other hand, bad habits have the opposite impact and lock people into negative behaviour patterns. Bad habits like overeating or smoking can damage our health and overall wellbeing.

Our brains are really strong and are continuously scanning for new patterns in our lives or actions it can transform into habits. The drawback to this is that our mind doesn’t discriminate between positive and negative habits and anything that is continuously repeated by time is most likely going to become a habit. Fortunately, you have the choice to have complete control of this method and consciously select which actions, ideas, and behaviours are going to become habits.

What should anyone need habits to live happier and be more confident

Millions of people were able to change their lives completely and love themselves by simply doing one thing: working on improving their self-confidence. On the other hand, many people have been suffering in their lives and relationship because they have low confidence levels. One thing you need to understand is that confidence doesn’t necessarily come overnight. You might look at people and be impressed about how confident they are but the truth is that they have worked hard on themselves until they reached this stage.

Confidence is usually thrown around as if it something that people should have or can develop easily without any difficulties. You have probably heard the words ‘’be confident’’ if you are someone who is nervous or has problems approaching people or difficult situation. However, confident is an intangible thing that is so diverse that it is somewhat impossible to simply ‘’be confident’’.

Self-love and positive habits are simultaneous and it difficult to have one and not the other. When you love yourself, you have more self-confidence, feel a lot happier, and appreciate the person you are. You have alto more to offer others and most importantly, yourself.

Ch. 7: The 5 Habits system

There are five main steps you can follow to create good habits:

1. Identify what you would really like to achieve

The first thing you should do is write down both your personal and professional goals. You are going to have to build up new habits so you can able to achieve them successfully, so it is essential that you are clear about what exactly these goals are and why you haven't achieved them so more. Chances are that one of the main reasons is that you have been procrastinating and postponing accomplishing them. Now select one goal, and think about the habits that you will require to include in your schedule so you can reach it. What do you have to begin doing on a daily basis to turn this vision into an actual reality?

Example:

Nadine always wanted to live in Spain. Her goal is to learn how to speak Spanish, so she can apply in her organization's Spain office. She takes the decision to spend an hour every day learning how to speak Spanish.

2. Add good habits into your daily routine

Find a way to add this new habit into your daily routine. Sure, you could be really busy and all, but we both know that if you want to make time for something you will. Block out a certain time for it in your daily schedule. This is going to enable you to give your attention to the positive habits without being distracted by anything else.

Tip: It is a lot easier to build good habits if they take place during a productive time of your day. If they take place really at night, for example, you are probably going to be too tired to get anything done.

Example: Nadine knows that she perform the best during the day. She is also aware that she is usually exhausted on learning anything after she is done with work. This is why she decides that mornings are the best time to learn how to speak Spanish. She decides to go to bed two hours early, so she can wake up at 6 am in the morning, two hours earlier from the time she usually wakes up. In the evening, she also prepares her clothes for work the next day and her lunch. She also downloads some Spanish learning podcasts so she can avoid wasting time in the morning.

3. Reflect on habits

You will notice by time that you are starting to progress with the new habit and this is when you need to reflect on how well it is working and going for you. If you are struggling to maintain the habit, try to think about why this is happening to you and whether you are doing anything for this to take place. Were you over ambitious for example? If this is the case, then you should consider setting a short term goal that is more manageable so you can re-motivate yourself. If your new habit isn't exactly delivering the types of changes that you expected in the first place, you have to reflect on what has happened and gone wrong. You will probably have to slightly tweak your new habit to ensure that new change is taking place.

Example:

After listening to the Spanish podcasts for four weeks, Nadine realizes that she is beginning to forget some words that she learnt the week or days before. She realized that she remembers a lot more when she writes down what she listens to, so she begins writing the new words she learns and what they mean in a notebook.

4. Self-discipline is key

A study that took place during 2012 demonstrated that it can take about 55 days to establish a new habits and this is why self-discipline is very important.

One way to enhance your self-discipline is by creating what is called a ‘treasure map’’. The map is a visual representation of what you actually want to achieve. (Remember, we discussed how essential visualization is). This is also going to remind you why the new habit is essential to you. This can be exactly what you need to be motivated when your motivation is decreasing.

Example:

Nadine makes a treasure map the day before she starts to learn Spanish. She makes a collage filled with pictures of Spain, including pictures of her organization’s Spanish office. She gets excited about all the different opportunities in the future.

After three weeks of waking up early, she begins thinking about waking up an hour early only instead of two. However, when she takes a look at the treasure map, she is immediately reminded of her ambitions and she gets excited again. She acknowledges that her dream is too significant to give up and then she could always sleep during the weekend. She then recommits and begins waking up early two hours again.

5. Ask for support

It could be difficult to stick to a completely new habit when you are alone. This is why it is a good idea to share these goals with colleagues, family, or close friends, and ask them for their support. You don't necessarily have to ask the whole world. One or two people you can depend on are more than enough. For example, you can ask them to contact you and check on how you are progressing. If they have the same goal as you, you could meet with them every couple of days to support each other.

There are many applications that were designed to help people attempting to develop positive new habits. Stickk is an excellent app that I personally recommend and was created by Yale economists. It enables you to save a goal and to find a monitor to support you and monitor how you are progressing. If you quickly search on the internet, you are going to find many similar tools.

Example:

After Nadine discusses her goal with her friend, she agreed to Speak French with Nadine over lunch two days per week. Nadine feels more motivated about accomplishing her goal because her friend is supporting her and that she has a new chance to practice. In return, Nadine is going to assist her friend in improving her English.

When you take the decision to establish positive new habits, you have to focus on accomplishing one per time. If you attempt to completely overhaul your schedule with many habits, you are most likely going to get really overwhelmed and go back to old negative habits.

Ch. 8: Next steps to keeping your habits for life

Consistency is the key

Consistency is essential to continuously achieve goals and make sure you maintain good habits. One of the main mistakes that many people do is start slacking once they begin seeing results and experience positive results. However, it is essential to be consistent to prevent any negative results and reversing all the hard work you have been doing.

Tips to avoid falling again

Positive habits are difficult to form, but they are definitely worthwhile. Whether it is exercising, eating healthy, or finishing a task of time, positive habits can result in a healthier and happier life. Unfortunately, creating these habits can be difficult if you aren't motivated enough because there is always a risk that you are going to fall again.

One method is to begin small. Rather than attempting to eat healthy food in every single meal, begin with focusing on just one meal per day-like a salad for dinner every day. Instead of implementing a new time management strategy every single day at work, begin with only two days per week. When you feel like you have started to get used to that new element in your routine, this will be the time to begin introducing it to other areas in your life.

It is essential that you ‘’break the chain’’ of your first habit-forming procedure. If you are beginning to implement new habits in your daily life, make sure you don't miss a day. This can also serve as a route to escape if you begin convincing yourself that it is worth doing anything. When you habit becomes an important part of your daily schedule, trust me you will know. You are going to begin doing it automatically rather than making an effort to do so.

Creating and breaking habits can be difficult, but when you comprehend that consistency can, in fact, make anything possible, you are going to have an easier

time executing and implementing plans and new habits.

Ch. 9: Take a look back

“I have no regrets. I don't believe in looking back. What I am proudest of? Working really hard... and achieving as much as I could.” ~ Elena Kagan

The reason why you should look back isn’t to remember the mistakes you did previously, but to see how far you have come and improved your life. For example, if you used to spend so much procrastinating and wasting your time, you can look back to this and compare it to how far you have become and improved your time management skills.

When you have successfully accomplished one of your goals, this is time for you to move to the next goal. Remember, the key here is to take things slow and accomplish one goal at a time. The last thing you want is to crowd your mind with several goals, getting de-motivated, and not finishing any of them. When you have successfully finished that goal, it is time for you to move to a new one.

Conclusion

Learning to be confident and love who you are don’t happen overnight and is a process. Once you start trusting yourself and understanding your needs, you will find that you need less validation from other people. You are going to create new experiences and establish relationships that are suitable with your values, reinforcing your self-worth. With every effort you exert and change in thinking, you are going to find that you respect yourself more every day and see yourself as a person who deserves to be loved.

By following the tips in this book, you are also going to find that you are able to overcome negative habits that have been holding you back in life and delaying your success. How many times were you able not to prove yourself because you didn’t have enough confidence? How many times were you not able to effectively finish a task because you wasted your time procrastinating? This is where it all ends and it is time for you to take control of your new life.

Don’t expect the changes to happen overnight. After all, everything in life takes time, especially if you’re making such a significant improvement in your life and looking to change many aspects in your life. The key here is to be consistent and to constantly implement the tips in the book until you have perfected them and started seeing changes in your life. You should never give up, even if accomplishing your goals took more time than it was expected. By time, you will find that you are doing things automatically and without even thinking about it.

I wish you all the best and know for a fact that you are able to do this. Now is the time for you to take control of your life and live it the right way.